

## Sloppy Joe on Bun<sup>75</sup>

Number of Servings: 75 (161.63 g per serving)

| Amount | Measure | Ingredient                                    |
|--------|---------|---|
| 15.00  | lb      | Beef, ground, hamburger, pan browned, 10% fat |
| 3 3/4  | qt      | Tomatoes, puree, cnd                          |
| 1 3/4  | cup     | Spice, onion, minced, dehyd                   |
| 14.00  | Tbs     | Sugar, white, granulated                      |
| 14.00  | Tbs     | Vinegar, cider                                |
| 75.00  | ea      | Buns, hamburger, whole wheat                  |
| 1 1/4  | tsp     | Salt, table, iodized                          |

### Nutrients per serving

| Nutrition Facts  |           |                      |         |
|--|-----------|----------------------|---------|
| Serving Size (162g)  |           |                      |         |
| Servings Per Container   |           |                      |         |
| Amount Per Serving   |           |                      |         |
| Calories 290   |           | Calories from Fat 90 |         |
|  |           | % Daily Value*       |         |
| Total Fat  | 9g        |                      | 14%     |
| Saturated Fat  | 3.5g      |                      | 18%     |
| Trans Fat  | 0g        |                      |         |
| Cholesterol  | 55mg      |                      | 18%     |
| Sodium   | 310mg     |                      | 13%     |
| Total Carbohydrate   | 29g       |                      | 10%     |
| Dietary Fiber  | 4g        |                      | 16%     |
| Sugars   | 7g        |                      |         |
| Protein 22g  |           |                      |         |
| Vitamin A 8%   |           | Vitamin C 15%        |         |
| Calcium 6%   |           | Iron 20%             |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |           |                      |         |
|  | Calories: | 2,000                | 2,500   |
| Total Fat  | Less than | 65g                  | 80g     |
| Saturated Fat  | Less than | 20g                  | 25g     |
| Cholesterol  | Less than | 300mg                | 300 mg  |
| Sodium   | Less than | 2,400mg              | 2,400mg |
| Total Carbohydrate   |           | 300g                 | 375g    |
| Dietary Fiber  |           | 25g                  | 30g     |
| Calories per gram:   |           |                      |         |
| Fat 9 • Carbohydrate 4 • Protein 4   |           |                      |         |

### Instructions

Brown hamburger. Add tomato puree, onion, sugar, vinegar and salt. Simmer 2 minutes to blend flavors. Serve hot on whole wheat hamburger bun.

1/2 cup Sloppy Joe mixture and 1 bun = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.